

ARKANSAS TOBACCO QUITLINE

**1-800-QUIT-NOW**

**1-800-784-8669**

**7 DAYS A WEEK ➡ FROM 7 A.M. – 2 A.M.**



Arkansas Department of Health



WHEN YOU'RE READY TO QUIT, WE'RE HERE TO HELP.

# CHOOSE YOUR **QUIT** DAY

FREE MEDICATION, WHILE SUPPLIES LAST.

THE **ARKANSAS TOBACCO QUITLINE** IS FREE  
AND WORKS AROUND YOUR SCHEDULE.

TALK WITH A PERSONAL QUIT COACH BY PHONE TODAY.

MEDICATION AND COACHING NEARLY  
DOUBLES YOUR CHANCE OF QUITTING.

